

UWE  
2011

# Universal Wisdom Education Gathering 2011

By the Universal Wisdom Education team. Photos by Ven. Freeman Trebilcock.



In August 2011, Dharma students old and new came together at Institut Vajra Yogini in southern France, motivated by the wish to bring about a happier and more peaceful world ...



... We shared meditations, tools and methods designed to inspire and enable people of all ages, cultures and traditions to develop compassion and wisdom.



*Universal Wisdom Education (UWE) is an initiative of the Foundation for Developing Compassion and Wisdom (FDCW) and an FPMT program of secular education for people of all ages and cultures.*

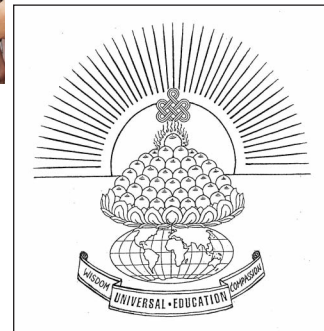


... We learned from experienced UWE educators how to use programs and resources that translate the Mahayana tradition into contemporary language, fulfilling Lama Yeshe's vision for a Universal Education.



... We prepared to take these insights and tools into our daily lives: at home, school, work and at FPMT centers, as volunteers in prisons, hospices, youth centers and beyond until each and every living being is liberated from suffering and the causes of suffering.

*Please read the outcomes and feedback from participants on the next pages.*





## UWE Gathering in France: Inspiration, Information, Transformation!

By the Universal Wisdom Education team. Photos by Ven. Freeman Trebilcock.

*Universal Wisdom Education (UWE), formerly known as Essential Education, held its international meeting August 16-21, 2011 at Institut Vajra Yogini in southern France. UWE's secular education programs, which have grown out of Lama Yeshe's vision for "a new kind of universal education," foster the development of wisdom and compassion.*

*The Gathering had an amazing effect on me, and has really helped shape and focus what I am doing now, and my direction for the future. ... I rashly posted on Facebook on the night of the party that it was the best day of my life – I still believe that! – PAUL WIELGUS, UK*



It can be difficult to identify exactly what makes a week special, or even life-changing. Was it the inspiration of UWE guides His Holiness the Dalai Lama, Lama Yeshe and Lama Zopa Rinpoche? The generosity and warmth of our hosts at Institut Vajra Yogini? The power and energy of so many people with good hearts, all sharing the same vision for creating a more peaceful world? The training workshops? Or the unexpected heart-to-heart with just one person over a cup of tea?

We hope the ripples from the Gathering will continue to spread inspiration and learning for years to come. If you weren't there yourself, we're happy to share that a professional film crew led by Osel Hita and Matteo Passigato joined us and are currently working on a short video for public circulation.

Here are some of the outcomes from the Gathering that we have already identified:

### FAMILY FEELING

*I loved the energy, enthusiasm, care and attention. It was well put together, well thought out, varied and interesting, and the venue was sensational. ... I'm delighted to be part of the UWE family. We are all on the cusp of a really exciting journey. – CARLA PEARSE, AUSTRALIA*

Spending five days with 122 other people who had traveled from all parts of the world, led to a strong sense of a UWE family and of a shared responsibility for the success of UWE worldwide. Participants got to know each other by meditating, studying and eating together, by experiencing the suffering of heat (45 °C [113 °F]), and by dancing together at a party during the event's last night.

### LEARNING

*I can't wait to go back and share everything. ... With a deeper understanding of UWE, the ongoing projects in Argentina will have a clearer direction – CECILIA BUZÓN, ARGENTINA*

The daily program provided countless opportunities to appreciate the knowledge, skills and experience of senior UWE educators. The leaders of all the UWE associate programs attended the Gathering, and the morning workshops offered everyone an in-depth experience to explore one particular aspect of UWE.

## INSPIRATION

*It is wonderful and encouraging to see so many people from so many countries coming together to share and work for the same purpose.* – BRIGITTE JORDAN, AUSTRIA

For some participants, the Gathering provided a first taste of UWE. For others, it led to a deepening of commitment. The afternoon “taster” sessions gave an opportunity for people with shared interests to listen to and learn from each other – what has worked, and what hasn’t worked.

## COLLABORATION

*Now I know who to contact for what.* – MIRJANA OGRIN, SLOVENIA

Through developing friendships face-to-face, it will now be easier to collaborate at long-distance, using the UWE Hub, email, phone and Skype. Every day there was an opportunity to get together in national or regional groups.



From left: UWE Gathering 2011 at Institut Vajra Yogini, France, August 2011; Participants enjoying lunch; Rasmus Hougaard, director of The Potential Project, speaks during a session; A new friendship forms at the Gathering; Pam Cayton, Creating Compassionate Culture founder, listens during a session.

## CREATIVITY

*I couldn't believe what marvelous projects exist because we have UWE!* – EVA MAERZ, GERMANY

The Gathering was an opportunity to celebrate and launch new resources such as the UWE Hub, Pam Cayton’s book *Compassion in Education*, and the Italian and French translations of *16 Guidelines: The Basics*. It was also a starting point for new projects.

## INFORMATION

*A very rich, diverse program. Excellent for sharing and networking. It gave me much more insight into the different UWE applications and possibilities.* – ANNELIES VAN DER HEIJDEN, NETHERLANDS

The three forum sessions on resources, training and communications, as well as all the conversations in between, gave Foundation for Developing Compassion and Wisdom (FDCW) – the organization that oversees UWE – board members and staff invaluable feedback on current and future activities.

## TRANSFORMATION

*I learned more than I could have expected about exploring the mind, enhancing wisdom and compassion, and working with others.* – MARIE HENRY, FRANCE

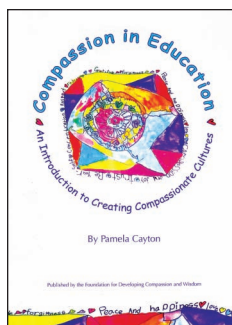
The Gathering led to personal transformation, especially for some of the young people who took part. People spoke about it changing their way of thinking and seeing, and of showing them another way to live.

## 16 Guidelines for a Happy Life: Now Available in Four New Languages!

UWE's first program, *16 Guidelines*, has proved so popular that it has now been translated and published into four additional languages: French, German, Italian and Spanish. The translations were all done by volunteers, and then checked and re-checked by *16 Guidelines* senior trainers and professional translators. We are very grateful to everyone whose hard work made this possible. In addition to these languages, *16 Guidelines* workshops have also been led in Danish, Dutch and Russian.

| For more information, visit <http://16guidelines.org/publications/>

## Compassion in Education: A New Book for Parents and Educators



*It reassures me that educational approaches I have only dreamed about can be made to work.*

– FRAN STEELE, AUSTRALIA (RESEARCHER)

The FDCW has been delighted to collaborate with UWE educator Pam Cayton on the publication of her first book: *Compassion in Education: An Introduction to Creating Compassionate Cultures*. Inspiring, logical and practical, the book presents The Seven Steps, a philosophical and practical framework, tools and curriculum developed with the teachers of FPMT-affiliated Tara Redwood School in California to awaken and nurture knowledge, strength and compassion in children and young people.

Pam's passion for UWE began more than 20 years ago when she realized that "it is our job as parents and educators to guide children to understand their inner world and to nurture their empathy, compassion and wisdom." She brings to her work over 30 years of Buddhist practice and study under the guidance of Lama Yeshe and Lama Zopa Rinpoche, coupled with a commitment to making the essence of the Dharma accessible to the wider world.

| *Compassion in Education* is available from Wisdom Books ([wisdom-books.com](http://wisdom-books.com)), Karuna Books ([karunabooks.com.au](http://karunabooks.com.au)) and The Foundation Store (<http://shop.fpmt.org/>). You can also purchase it directly from the CCC website ([creatingcompassionatecultures.com](http://creatingcompassionatecultures.com)).

## Creating Compassionate Cultures on the Move

By Pam Cayton



Creating Compassionate Cultures (CCC) has had a busy year, beginning in April with a two-day workshop in Mexico. Next, Pam Cayton, founder of CCC, did a local training back in California, then went on to Switzerland in July and France in August for the UWE Gathering. In autumn, Pam did an eight-week teaching tour in Australia, where she had a wonderful experience speaking about her new book, *Compassion in Education*, sharing workshops and meeting new people interested in working with CCC methodology

in her home country. Pam presented at the Mind & Its Potential Conference in Sydney in November and then completed her tour with a weekend workshop at Vajrayana Institute in New South Wales.

CCC plans to launch an online program early in 2012. The program will offer ongoing support and training for anyone interested in learning about and continuing their training in this unique methodology to awaken and nurture knowledge, strength and compassion in our own minds, our children and anyone anywhere. Parenting classes are also in the works as an online program, making this resource available throughout the world. Stay tuned for updates! ♦

| Creating Compassionate Cultures is on Facebook, where you can share your thoughts, ideas, photo and resources with a network of interested people.

| As part of *Mandala's* exclusive online content, you can read an interview with Pam Cayton about *Compassion in Education* on [mandalamagazine.org](http://mandalamagazine.org).